



October 2022

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## Greetings!

Happy Fall! Read our newsletter to learn about the latest breastfeeding news, updates, resources, and upcoming educational opportunities and events. This monthly e-Newsletter is one of the fantastic benefits of being a First Food community partner and serves to provide you with the tools and information you need to support mothers, babies and families throughout their breastfeeding journey! To submit items for the First Food e-Newsletter or for any breastfeeding program technical assistance, please contact Bridget Neumaier at [bneumaier@paaap.org](mailto:bneumaier@paaap.org).

## Food For Thought:

Feliz Mes de Nuestra Herencia Hispana! This month we recognize Latinx and Hispanic Heritage Month, September 15-October 15, which honors the contributions and importance of Latinx Americans in the U.S. and celebrates the many cultures of those who come from, or whose ancestors come from, Mexico, Central America, South America, the Caribbean, and Spain. While this observance ends October 15, the work to promote, protect and support breastfeeding in Pennsylvania is year-round and we at First Food want to thank our community partner organizations that tirelessly work to close the gaps in breastfeeding disparities in communities across the state. One of the goals of First Food is to cultivate collaboration opportunities between organizations, because we have seen first-hand the impact of working together. Twice a year we host 5 Collaborative Meetings throughout the state that bring together community partners across sectors to discuss the landscape of breastfeeding support within the communities, share resources, and inspire partnership. My favorite saying these days is collaboration equals half the work and twice the reach. We hope to see you at your regional meeting and please-- invite a friend! After all, everyone has a role to play in supporting breastfeeding/chest-feeding families.

In Community,  
*The First Food Team*

## Fall 2022 Collaborative Meetings

*First Food and K10*

## Registration is open!

\*view your region here

We are hosting 5 meetings, one for each region outlined below, beginning Tuesday, October 11, through Tuesday, November 1. The collaborative meetings are a time to meet with other community partners, discuss breastfeeding goals and how we can better support mothers and babies in the community. Find your region and register!



**Southeast:**

Tuesday, November 1, 1-3:30pm

[SE Register Here](#)

**Northeast/Northcentral:**

Tuesday, October 25 1-3:30 pm

[NENC Register Here](#)

**Southcentral:**

Tuesday, October 11, 1-3:30 pm

[SC Register Here](#)

**Southwest:**

Tuesday, October 18, 1-3:30pm

[SW Register Here](#)

**Northwest:**

Thursday, October 20, 1-3:30 pm

[NW Register Here](#)

## First Food Satisfaction & Community Partner Surveys

We are asking all First Food Community Partners to complete two of our Program Surveys. We are using these to gain feedback about our programs and services, and to make sure that we are meeting community partner breastfeeding support needs in a meaningful way. These surveys are important for the evaluation of our First Food Program so we can continue working towards our goals.

Please use the buttons below to take our short surveys. If you have any questions about them, please contact: Kaiden Levy at [klevy@paaap.org](mailto:klevy@paaap.org).

We appreciate your feedback!

## In the News

### **Microplastics detected in placentas, infant feces, breastmilk and infant formula.**

A recent study found that 16 types of MPs were detected in all samples and, those primarily found were polyamide (PA) and polyurethane (PU). PA accounted for 50% or more of MPs in placenta while, PUs were most commonly found in breast milk and formula. The majority of plastics we ingest are through food consumption. [Read more about the study here.](#) Pediatrician Dr. Aaron Bernstein of the American Academy of Pediatrics shared with the Chicago Tribune, ways to avoid ingesting heavy metals in the food we feed our babies. Read the labels, switch up your grains, check your water, breastfeed if possible, make healthy fish choices, and address lead hazards in your home. [The article can be found here.](#)

### **New Jersey Health Department releases a Breastfeeding Strategic Plan 2022-2027**

The plan provides a roadmap to identify and foster policy, environmental and system changes to increase breastfeeding initiation, duration, and exclusivity in New Jersey. The cross-departmental initiative emphasizes multidimensional obstacles parents face when having to choose to breastfeed or go back to work. This includes access to paid family and medical leave. [Visit NJ.Gov](#)

## Events, Updates, & Resources

### **National Hispanic Heritage Month**

It's observed September 15 to October 15. Latinx is a heavily diverse group with members having often mixed indigenous, African American, middle eastern and European ancestry. Recent studies show that the U.S population includes over 62.1 million Latinx whether foreign-born or U.S born. Almost 25% of all births in the U.S are to a Latinx parent or parents.



While 80% of Latinx in the United States initiate breastfeeding, only 16-21% are able to meet the national guidelines of six months exclusive breastfeeding (recommended by AAP and the WHO), suggesting that socio-economic limitations contribute to the decreased breastfeeding rates.

Learn more and check out resources [here](#).

### **October is Safe Sleep and SIDS Awareness Month**

The leading cause of death for infants 1 month to 1 year is Sudden Unexpected Infant Death (SUIDs). The CDC reports that 3 commonly reported types of SUID include: Sudden Infant Death Syndrome (SIDS), accidental suffocation/strangulation in bed, or an unknown cause. Approximately 3,400 babies

under age 1 still die in 2022, suddenly and unexpectedly each year. Here you will find **A recent study about SIDS** published by the Washington Post.



## Breastfeed Your Baby to Reduce the Risk of SIDS



## PA Safe Sleep Baby Registry Basics

PA Safe Sleep released this great resource for professionals and families that identifies safe sleep items and items to avoid.

### The Safe Sleep Guidelines\*

Follow these 8 steps to keep your baby safe and healthy.

- Put your baby on their back to sleep until their first birthday.
- A baby should sleep in the same room as an adult, but in their own crib. Never put your baby to sleep on a couch, chair, water bed or other soft surface.
- Don't put crib bumpers, blankets, pillows or toys in your baby's crib.
- The only thing in baby's crib should be a firm mattress & fitted sheet.
- Never put your baby to sleep in a crib made more than 10 years ago or that has missing or broken parts.
- Don't make the room your baby sleeps in too hot. Dress your baby in no more than one more layer than you are wearing.
- Always put your baby on their back in their crib after feeding.\*\*
- Keep your baby away from smoke, alcohol & illegal drugs.

\*As recommended by the American Academy of Pediatrics (AAP)  
\*\*Breastfeeding has been shown to reduce the risk of SIDS.

Where will you feed your baby when you are having sleep? If the safest place is your bed with pillows and blankets around, you should never sleep with your baby, but if you occasionally fall asleep feeding, your baby is safer in your bed than on a chair. Place your baby back on the crib after feeding.

### PA Safe Sleep

This project is funded, in part, under a contract with the Pennsylvania Department of Health in collaboration with Penn Medicine and Maternity Care Coalition.

For more information, find us online: [www.PASafeSleep.org](http://www.PASafeSleep.org)

### Baby Registry Basics

What parents really need to keep their new baby safe and happy

You don't need to spend a lot of money to be a great parent! Focus on safety!

### The Basics

Every baby needs:

- ✓ Safe approved crib or cot/belt/playpen for each baby
- ✓ Firm crib mattress (if using a traditional crib)
- ✓ Fitted sheets - all brand?
- ✓ Sleep clothing - wearable blankets, blanket sleepers, pajamas, undergarments/shorts
- ✓ Clothes in multiple sizes
- ✓ Diapers in multiple sizes
- ✓ Baby wipes
- ✓ Breast pump, bottles, nipples
- ✓ Nursing bras/milk bladders
- ✓ Thermometer
- ✓ High chair
- ✓ Car seat
- ✓ Stroller
- ✓ Stroller

### Nice to Have

It is helpful to have:

- ✓ Diaper bag
- ✓ Changing table
- ✓ Bassinet
- ✓ Nursery furniture
- ✓ Baby proofing supplies
- ✓ Bibs, burp cloths
- ✓ White noise machine
- ✓ Baby bathtub
- ✓ Body wash and lotion (avoid baby powder and oil)
- ✓ Feeding pillow (never use as a sleep positioner)
- ✓ Childproof covers
- ✓ Double service (check insurance)
- ✓ Lactation visits (check insurance)
- ✓ Gift cards - Personal, infant massage, cleaning service, milkbank, etc.

### Priceless Gifts

Parents especially need:

- ✓ Meals
- ✓ Babysitting - especially in the middle of the night
- ✓ Mental support - a short break from baby once in a while
- ✓ Respite care - a short break from baby once in a while
- ✓ Help with cleaning and laundry

### What NOT to Get

- ✗ Products marketed as "sleepers" that require a strap
- ✗ In-bed sleepers (bassinet sleepers) - have not been studied!
- ✗ Pillows
- ✗ Crib bumpers
- ✗ Mattress toppers
- ✗ Clothing with hoods or strings
- ✗ Pacifiers with plush top, blanket, or string attached
- ✗ Oxygen monitors do not make baby safer during sleep

### Caution!

Most products claim they are safe. Many are not! Be wary of products that claim to help you and baby sleep. It is normal for babies to awaken during the night. Sleep and cloth carriers should be used with extreme caution to avoid suffocation. All products should be used following the manufacturer's instructions and labels.

### The ABCs of Safe Sleep

Always place baby to sleep Alone on their Back in a Crib

[www.PASafeSleep.org](http://www.PASafeSleep.org)

## Checklist for Safe Infant Sleep & Breastfeeding Images



## SIDS Awareness Month Toolkit



Use the toolkit to:

- Share safe infant sleep images and messages using #SafeSleepSnap.
- Normalize and spread awareness of safe sleep practices.
- Celebrate caregivers' roles in keeping baby safe during sleep.

For more information on the toolkit and how to use it, click [Toolkit](#).

## Breastmilk for Very Low Birth Weight Infants

The AAP encourages support by hospital providers to assist mothers in making breastmilk for their very low birth weight infants in a clinical report, (2021)*Promoting Human Milk and Breastfeeding for the Very Low Birth Weight Infant*. The abstract can be read [here](#).

Babies fed their mother's own breastmilk have lower risks of significant complications of prematurity that include late-onset sepsis, chronic lung disease, retinopathy of prematurity, and neurodevelopmental impairment.

- Clinical Report: "[Promoting Human Milk and Breastfeeding for the Very Low Birth Weight Infant](#)"
- AAP News: [Mother's own milk is optimum nutrition for very low birthweight infants: AAP](#)
- News Release: [American Academy of Pediatrics Details Benefits of Providing Human Breastmilk to Very Low Birth Weight Infants in Clinical Report](#)

## EPIC BEST (Breastfeeding Education, Support, and Training)

This one-hour CME/CEU program is for all healthcare professionals looking to develop policies to support breastfeeding women, provide assistance and guidance for breastfeeding mothers.

Send an email to Kaiden Levy, [klevy@paaap.org](mailto:klevy@paaap.org) to schedule a live training or complete it online.

**EPIC** | Educating Practices In their Communities  
**BEST**  
Breastfeeding Education, Support and Training  
*Promoting the initiation and increasing the duration of breastfeeding.*

The **EPIC (Educating Practices/Physicians in their Communities) - BEST** program is a statewide practice education program using office-based change as the key to promote initiation and increasing the duration of exclusive breastfeeding. BEST is funded by the PA Department of Health and contractually administered by the PA Chapter, American Academy of Pediatrics.

This 1-hour CME/CEU program helps physicians, nurses, and staff:

- Recognize misconceptions by health professionals that create barriers to breastfeeding.
- Develop office, hospital, and workplace policies to support breastfeeding.
- Provide anticipatory guidance to support mothers to successfully breastfeed.
- Assist women with breastfeeding problems, and help them utilize community.

To schedule a live-in person or live-virtual training, email **Kaiden Levy at [klevy@paaap.org](mailto:klevy@paaap.org)**

or access BEST online through UPMC's Internet-based Studies in Education and Research (ISER) web portal:  
<https://cme.hs.nitt.edu/ISER/app/learner/loadModule?moduleId=19833>

For more information or questions, contact:  
Dottie Schell, Program Director- [dschell@paaap.org](mailto:dschell@paaap.org)

**Pennsylvania Chapter**  
American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®

## Basecamp

You've been invited!

One of the many perks of being a First Food Community Partner is **joining the Basecamp platform for free.**

You might not have seen the invitation come in your inbox, but it might be in your spam/junk mail!

**Sign in today** to ask questions, post information, respond, and communicate with community partners both across the state and regionally.



Check out this clip to see everything you can do.

Questions? Email Devon for more info on your invitation at [dgilinger@paaap.org](mailto:dgilinger@paaap.org)

***To submit something to share in this e-Newsletter, or if you would like to become a Community Partner:***

***please contact Devon Gilinger at [dgilinger@paaap.org](mailto:dgilinger@paaap.org).***

## Pennsylvania Chapter

INCORPORATED IN PENNSYLVANIA

American Academy of Pediatrics

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